

## Transitioning to Independence

Your guide to housing options



**ACT Together is a consortium of:**

- Barnardos Australia
- Australian Childhood Foundation
- Oz Child
- Premier Youthworks

Initiative of



**ACT**  
Government

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# Turning 15

**Transition planning is about preparing yourself for the next phase of your life moving into adulthood.**

The CAP (Community Adolescent Programs) team from ACT Together will work with you to develop a plan once you turn 15 and review it with you at least once a year.

You will be supported to lead your own planning and develop the skills you need to live independently.

At 15, you will be provided with a copy of *Go Your Own Way*, a resource for young people transitioning from care into adulthood that can help you as you prepare and plan.

This document is a guide to help you start to plan your future decisions.



# What decisions do I need to make?

As you move towards adulthood there are lots of decisions that you'll need to make. Your Transition Plan will help you to think about some of these decisions.

There will be decisions like:

Where will you live

What job /career you want to pursue

What studying or training you want to do

How you will earn money

Accessing Centrelink

NDIS plans and support services (where relevant)

What supports you will need

What living skills you want to develop



# Where will I live?

**CAP are here to help you consider where you might live as you move towards adulthood.**

**We have a number of options:**

- Semi-independent living within our residential care services
- CAP Lead Tenant
- CAP Transitional Housing
- Independent Living
- Other Community Housing options
- Private rental
- Share housing



# Lead Tenant

## Community Adolescent Programs (CAP)

### Who runs this?

Barnardos

### Who lives here?

16 to 21 year olds who are willing and motivated, have demonstrated independent living skills, are registered for Housing ACT and in receipt of an income or Centrelink payment.

### What support do you have?

You live with a Lead Tenant – a person who is like a mentor – who helps you to live independently. There may also be other young people living within the shared accommodation.

You will continue to be supported by your CAP Case Manager who will work with you to reach your goals, with a particular focus on supporting you to develop living skills and access independent accommodation.

You will have some agreed shared responsibility with the Lead Tenant to maintain the home you share to a reasonable standard. These may include cooking, shopping and cleaning. You'll contribute some income towards your accommodation.

You will be required to stay engaged with your Case Manager, and expected to study or work and maintain any appointments with others involved in providing you support.

### Where do I go from here?

You could move into CAP Transitional Housing, a place of your own or a share house once you've developed the skills to live more independently.



# Transitional Housing

## Community Adolescent Programs (CAP)

### Who runs this?

Barnardos

### Who lives here?

16 to 21 year olds who are willing and motivated, have demonstrated independent living skills, are registered for Housing ACT and in receipt of an income or Centrelink payment.

### What support do you have?

CAP Transitional Housing provides fully furnished accommodation for young people, both individually and in shared accommodation. It is a chance to experience independent living, with individual and flexible support provided by your CAP Case Manager and others who may be working with you.

You will be responsible for maintaining the home to a reasonable standard, doing your own washing, cooking and shopping. Your Case Manager will help you learn these skills if you need to develop or want to continue to improve in any or all areas.

You'll contribute some income towards your accommodation. You will be required to stay engaged with your Case Manager, and expected to study or work and maintain any appointments with others involved in providing you support.

### Where do I go from here?

You could move into a place of your own or a share house once you've developed the skills to live independently. If you are living in an individual Transitional Housing property, you may be eligible to have the Housing ACT lease transferred to you.





# Independent Living

## Community Adolescent Programs (CAP)

### Who runs this?

Barnardos

### Who lives here?

16 to 25 year olds who have access to an independent property (Housing ACT or other) and are ready for independent living with some support.

### What support do you have?

Ongoing individual and flexible support from your CAP Case Manager, to work on any goals and with a particular focus on maintaining your tenancy and building independent living skills.

### Where do I go from here?

Young people in this program are living independently and will maintain their property after they no longer require support from CAP.





# Other accommodation services

**Your CAP Case Manager can support you to access a range of community accommodation services like Havelock House or Disability Housing programs.**

In these accommodations you will need to look after your own room and maintain it to a reasonable standard, wash, cook and shop.

You'll contribute some income towards your accommodation. You will have the ongoing support from the CAP Team until you leave care at 18 and with approval, support can be provided to young people who have been in care until the age of 25.





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