



Transition to Independent Living Allowance (TILA)

TILA is a payment of up to \$1500 for eligible young people aged 15-25 years who are leaving care or who have been in care.

The allowance can be used for a range of support services as well as training and education materials including;

- Housing.
- Essential household items.
- Life skills training.
- Employment, education and training expenses.
- One-off transport expenses.
- Public transport passes or other essential items that support a young person to access the above.
- Counselling costs to address issues identified in the young person's transition to independence plan.

Young people who have left care can contact ACT Together for support from CAP accessing TILA.

ACT Together
Every child matters

For more information about CAP please contact:

P 02 6110 2200
E intake@acttogether.org.au
W acttogether.org.au

About ACT Together

ACT Together is a consortium led by Barnardos that has been created to provide quality services for children and young people in out of home care in the ACT.

ACT Together acknowledges the Traditional Owners of the land on which we live and work. We pay respect to their elders – past, present and future.

ACT Together is a consortium of:

- Barnardos Australia
- Australian Childhood Foundation
- Oz Child



A Step Up for Our Kids -
Out of Home Care
Strategy 2015-2020
is an ACT Government
funded initiative



Community Adolescent Programs (CAP)



About CAP

ACT Together's Community Adolescent Programs (CAP) work flexibly with young people through Case Management and as practical support in Out-Of-Home Care, with an emphasis on independent living and education, training and employment.

We encourage young people to set their own goals and we work in partnership to achieve them.

CAP service principles:

1. Young people are the experts in their own lives
2. Mutual respect governs the working relationship
3. Person centred, holistic planning
4. Promotion of independence
5. Flexible and holistic support
6. Empower, engage and enable young people to self-manage
7. We don't give up on young people, it may take a few attempts!

CAP Outreach Program

Flexible Case Management and support for young people in Out-Of-Home Care (OOHC), with an emphasis on building on young people's capacity for independent living and exploring housing options.

CAP Outreach is available for young people in Out-Of-Home Care who are:

- self-placed
- transitioning to independence from foster or kinship placements
- living independently

CAP Housing

Housing options for young people transitioning from care to independent living include:

- Lead Tenant Program
- Transitional Housing

CAP provides fully furnished accommodation, with a variety of individual and shared housing options depending on the needs of the young person.

Young people in CAP Housing receive Case Management and support with a specific focus on the development of independent living skills within a realistic environment.

CAP Aftercare Support

Flexible outreach Case Management and support for young people aged 18-25 years who have previously been in Out-Of-Home Care.

Aftercare Support is approved by CYPS on an individual basis and for a specific period of time, generally 3 or 6 months but no more than 12 months.

Eligibility for CAP Aftercare Support:

- aged under 25 years
- previously in an ACT statutory Out-Of-Home Care placement
- requiring support additional to what is available within the community.



Continuum of Care (18-21 years)

An extended Continuum of Care subsidy payment for a set period of time in select cases is available.

Eligible young people in foster or kinship care placements are supported to remain with their carers to support the young person's wellbeing, stability and ability to transition to independence.