



Leaving Care

Leaving care is when you turn 18 and are no longer under the Guardianship of the Chief Executive of the Department for Child Protection.



Leaving care is different for everybody. It can mean that you stay living with your foster family, move to a new place with support workers, or go your own way!



Planning to leave care

From the age of 15 you should work with your case worker to help you prepare for life after care by creating a **Leaving Care Plan**. The plan should include things like:



Employment – helping you to look for a job



Life skills – learning how to cook, clean and pay bills

Education – finding the right education and training for you

Housing – getting financial help and support to find a place to live

Health services – getting connected with a doctor, dentist, counsellor, and any other support services you might need



You have the **RIGHT** to get the support you need so that you are ready to leave care and feel good about your future!



Handy resources for preparing to leave care

- CREATE Foundation's website createyourfuture.org.au
- myfuture.edu.au and jobsearch.gov.au for jobs
- [Go Your Own Way](#) - a planning tool with checklists to help you prepare to leave care
- [Sortli](#) - a phone app with leaving care resources
- [GOM City](#) - a game where you can learn about life after care!



Support services once you've left care

[Relationships Australia's Elm Place](#) offers free support to help you with:

- counselling
- independent living skills
- reconnecting with family and culture
- getting DCP records about your life
- grants of money and education opportunities
- finding a job
- applying for a house to rent

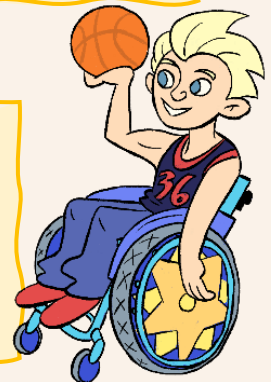
You can phone Elm Place on 1800 188 118



A [Dame Roma Mitchell Grant](#) can help you with your:

- personal goals
- health and wellbeing
- education opportunities

[Centrelink](#) provides financial help for young people 16+ who are in care and for young adults when they turn 18. Centrelink can help you find support if you're going through a difficult time with your mental health, or if you're in an unsafe relationship. You can phone Centrelink on 132 490



 Make sure your **Leaving Care Plan** connects you with post care services!