

# GETTING YOUR FILES &



Tips from Jake, Qld CREATE Young Consultant

Hey, I'm Jake. I got my files and my 'Time in Care' report a few years ago. Here are some of my tips for other young people with a care experience...

You can get your **files** and you can also get a smaller report called '**Time in Care**'. Before you turn 18, you can request a '**Leaving Care Report**'. Make sure you chat to your CSO about this before you leave care. The 'Leaving Care Report' has key info and your story in care.

Your files will include lots of info with people's names and some details blocked out. The 'Time in Care' report is a handful of pages long and it's told like a story about your care journey. I got both the Time in Care report and my files.

TO GET YOUR FILES & OR FOR MORE INFO...

CALL 1800 809 078 OR VISIT:

<https://www.csyw.qld.gov.au/about-us/right-information>

**Leaving Care Report** - <https://cspm.csyw.qld.gov.au/procedures/support-a-child-in-care/respond-to-a-child-s-specific-needs>



It's a good idea to have someone to support you when you get your files because it could be confronting. Also, I found parts hard to understand. I had someone from Next Step connect with me when I got my files and it was helpful. I also had support from my doctor, past youth workers, family and mates.



G-Force is a sector-wide working group, chaired by the CREATE Foundation. The group seeks to support those working with young people in out-of-home care by sharing practical information, practice wisdom and useful tools.

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Sometimes it can take a while to get your files. If looking at your files brings up bad memories, if you are finding it rough or need other support, there are people you can talk to:

**Lifeline: 13 11 14**

**Office of Public Guardian: 1300 653 187**

**[www.publicguardian.qld.gov.au](http://www.publicguardian.qld.gov.au)**

**Kids Help Line: 1800 55 1800**

**Next Step Plus: [www.nextstepplus.com.au](http://www.nextstepplus.com.au)**

**Headspace: [www.headspace.org.au](http://www.headspace.org.au)**

**Qld Health: 13 HEALTH**

**National Redress: 1800 737 377**

**Victim Assist: 1300 546 587**

**Legal Aid: 1300 65 11 88**

*YOU HAVE THE RIGHT TO PARTICIPATE  
IN DECISIONS ABOUT YOUR LIFE!*

When I got my files, I liked finding out things that I didn't know. I would recommend getting your files because they have loads of info about your life and help you make sense of it..

Your files might have some bad stuff in them but there are also positive things... like stuff you've achieved... I found certificates I didn't know I had. Everyone's story is different.



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