

# WHAT WORKS WELL IN SILS?



G-Force is a state-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.

The work of G-Force is grounded in the opinions of young people with a care experience themselves, with CREATE Foundation Young Consultants participating directly and indirectly in the group to create change in the care system.

After some discussion at G-Force and consultation with CREATE Young Consultants, G-Force decided that it would be helpful to develop a resource highlighting the positive aspects of being in Supported Independent Living (SILS) placements to develop a best practice resource.

For this project, we spoke to 33 young adults (with lived experience in SILS), 25 NGO (Non-Government Organisation) workers and 23 Department staff (Department of Communities, Child Safety and Disability Services). This resource captured their feedback and on-the-ground experience for 'what works well in SILS'.

"It is important that I can feel independent yet know there is someone around I can turn to daily"



"Youth workers helping me to drive and cook helped a lot"



"Getting some idea about how much things cost when you are an adult was probably the best thing I did to prepare"



"It is important that I can feel independent yet know there is someone around I can turn to daily"

# CONSISTENT, NON INVASIVE SUPPORT

When asked about what worked best for them in SILS, many young people picked '**consistent support worker**' as their response. Another popular response was '**non-invasive support**'. When asked about the support from NGO staff or department staff that helped them the most, the most common response was '**youth worker**'.

The majority of NGO workers chose, '**listening to young people's needs, providing appropriate support and relevant programs**' as important for responding to young people in SILS. Department workers selected 'relationships with young people' and '**involving young people**' as common responses.

Young people said they would encourage other people entering SILS to '**engage with programs**'. NGO workers also identified this as a key factor for setting up a young person for success.

# SECURE HOUSING

Many young people living in SILS, said that '**secure housing**' was their key hope and dream for transitioning to independence.

'**Lack of accommodation availability**' was identified by Department workers as a barrier to successful outcomes for young people transitioning to independence. As a possible solution to this barrier, Department workers identified offering more housing options and greater flexibility (e.g. SILS allowing young people in care the option of sharing housing with young people who are not in care).

# BUDGETING/ MONEY

When asked about their biggest challenge, the majority of young people identified '**money, budgeting and financial support**'. This was also a common theme when young people were asked what they would tell another person entering SILS to set them up for success.

This response relates to the responses of NGO workers. When workers were asked about setting a young person up for success, a popular response was acquiring '**life skills e.g. cooking, budgeting and self-care**'. When asked about the most important positive outcome for young people transitioning to independence, '**Life Skills**' was the most common response given by NGO workers.