

Life Skills

Mā te huruhuru, ka rere te manu.

Prepare our rangatahi well, so that they can realise their potential.

Your life will begin to change as you become an adult. You will have more choices and some challenges. We want to help you to think about what your adult life will look like and get ready for it. This will take time and we want to support you with the things that you want and need.

This tool will help you think about what you need to know, and how you can get support so that you will be ready for adulthood. The plan for how you will be supported will be recorded in your All About Me Plan and/or Transition Plan.

Rangatahi / young person:

Age: _____ Date: _____

Supported by: _____

Before you are discharged from care you should have:

- | | | | |
|----------------------------------------------------------------|--------------------------------------------------------------|-----------------------------------------------------------|------------------------------------------|
| <input type="checkbox"/> Transition Worker
(if you consent) | <input type="checkbox"/> Bank Account | <input type="checkbox"/> Photo ID | <input type="checkbox"/> IRD Number |
| <input type="checkbox"/> Birth Certificate | <input type="checkbox"/> RealMe Account
(online identity) | <input type="checkbox"/> Electoral Roll
(knowledge of) | <input type="checkbox"/> Transition Plan |

Whānau and relationships

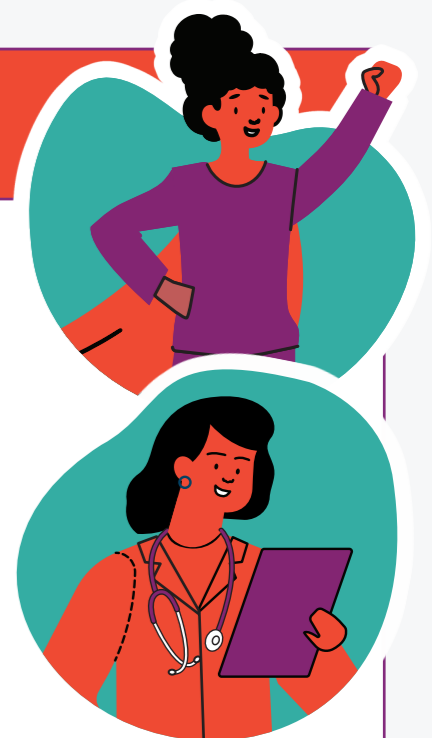
How will you have good relationships with the people important to you?



- | | |
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| <ul style="list-style-type: none"> • Who can support you? • Whānau and family, caregiving whānau • Friendships and important people • Safe, positive relationships • Cultural identity and whakapapa | <ul style="list-style-type: none"> • Dating and partner relationships • Parenting • Boundaries • Social media and online safety • What to do when things aren't going well with people? |
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Being healthy and well

What does being healthy and well look like for you?



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|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> • Physical health: food, sleep, being active, hygiene • Doctor • Dentist • Vaccinations | <ul style="list-style-type: none"> • Disability support needs • Hauora and cultural health practices • Gender identity and sexuality | <ul style="list-style-type: none"> • Sexual health and family planning • Mental health and emotions • Drug and alcohol use, addictions |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Home

Where do you want to live, and what do you need to support that?



- Whānau, flatting, boarding, staying with a caregiver, supported accommodation, student accommodation?
- Cooking
- Shopping
- Cleaning
- Driver's licence
- Safety at home
- Rights and responsibilities (tenancy, driving)

Study and work

What do you need to be ready for study and work?



- What you enjoy, are good at and are interested in learning?
- CV, cover letter and applications
- Apprenticeship, employment, volunteering, polytechnic, university, wānanga?
- StudyLink and student loans
- Rights and responsibilities (as a worker, contracts)

Money

What do you need to be ready to look after your own money?



- Ways of making money (income)
- Budgeting and paying bills
- Gambling and scams
- Choosing how to spend your money
- Benefits and financial support
- Saving and Kiwisaver
- Borrowing money (debt: loans, credit cards, buy-now-pay-later)
- Understanding tax & IRD

Community support

What supports do you need from your community?



- Transition worker and Transition helpline
- Community groups
- Work & Income, StudyLink, Kāinga Ora
- Sports, gaming, hobbies and interests
- Legal support
- Public transport
- Marae, hapū, iwi
- Culture and religion