

Acknowledgements

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Every effort has been made to reference all sources of material, but if any have been inadvertently overlooked the publishers will be pleased to make the necessary arrangement at the first opportunity.

About What Makes The Difference?

What Makes the Difference? (WMTD) was a two-and-a-half year project, partly funded by the European Social Fund EQUAL initiative, which worked to identify ways to improve poor employment outcomes for older children in care and leaving care in England.

WMTD? was a large national partnership of 60 organisations from national and local government, voluntary and independent sectors, with young people's charity Rainer as lead partner. The involvement of young people from care was central to the success of every part of the project.

WMTD? ran from July 2005 to December 2007 and worked across four themes: Preparation and Planning, Empowerment, Education and Training and Employment Opportunity.

Under the Preparation and Planning theme, WMTD worked with 13 local authorities and other partner organisations to develop materials to assist workers in preparing young people for adulthood and moving on from care. They are as follows:

- Preparation for Adult Life training course for workers;
- Preparation for Adult Life training and resource pack;
- Get Ready for Adult Life young people's pack;
- Get Ready for Adult Life CD-ROM

The Preparation for Adult Life training course and packs were piloted with multidisciplinary groups of workers in the 13 local authorities between October 2006 and February 2007. Young people from these authorities were trained as trainers and delivered the training alongside professional trainers. The training course and packs were amended following feedback from participants, trainers and young people. A further trial of the Get Ready for Adult Life pack was carried out with young people in three of the local authorities between June 2007 and July 2007.

Further information on the WMTD project's work, products and partners can be found at:

www.leavingcare.org

introduction

This pack has been put together to give young people who are in or leaving local authority care information and advice to help prepare them for adult life.

It is designed to be a guide to highlight some of the things that you are probably already thinking about, and provide tips on where you can get more information and support, if needed.

Have a look at the contents page to see all the areas that are covered; there will definitely be something in here of interest to you! Some of these topics will probably look familiar, as you will find that this pack follows many of the key areas usually addressed by Pathway Plans. This is to help make the format familiar for young people.

You are not expected to work through this pack without help. A training programme has also been developed for workers, so there will be someone on hand who is familiar with how the pack is set out and the areas that are covered.

There is a checklist at the front of the pack so you can work out what things you already know and can do and what things you need to find out about or work on. Each section has activities for you to try which will help you with the things you need to work on.

This pack has not been put together to 'tell you what you need to do'; instead, it is a guide to what's out there. Check out the Useful Organisations and Websites sections.

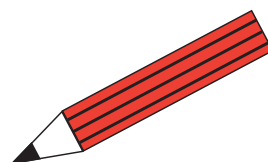
The experience of leaving care and starting life as an adult is different for everyone. It can be a time of joy, discovery, worry, excitement and many other emotions - possibly all rolled into one! But one thing that applies to everyone is the fact that the more you know, the better prepared you will be for whatever comes your way...

Symbols Used in the Pack

Here are three symbols used throughout the pack:



Useful website shows you where to look for more information



Pencil symbol means an activity



Question mark means a quiz