



# Young Person's Participation Plan

## Supported Independent Living Services (SILS)

Supported Independent Living Services (SILS) will help you move successfully out of home and start living as an independent adult. We want your time in SILS to be happy, safe and settled. We also want the support you get in SILS to help you grow and learn as a person.

To make this experience as positive as possible, it's important for you to have an agreement with the service supporting you. This plan will set out what your goals are, what help you need, what you are good at and how you want to be involved in making decisions about your life.

It will also outline what your rights and responsibilities are, and the responsibilities of the service working with you.

Some of the things in this plan will change over time. You should have regular opportunities to go over the plan with your SILS worker and your DCP caseworker.

### 1. Your goals while living in SILS

Tell us what your goals are while living in SILS. These goals should be related to getting ready for adult life. Here are some examples of goals you might have while living in SILS:

1. I want to learn about how to manage my money so I can afford to buy what I need.
2. I want to get a Cert III while I am living in SILS.
3. I want to finish Year 12.

### 2. Your strengths and needs

Tell us what you're good at and what you still need help with. These could be to do with any aspect of your life; they don't just have to be about school or getting a job.

#### Things you are good at

Tell us what you're good at, what you're currently doing that works for you, and what you would like to continue doing while you live in SILS. Here are some examples of strengths you might like to tell us about:

1. I am good at sport. I like playing team sports especially.



2. I am good at English. I like creative writing.
3. I am good at cleaning. I always keep my room clean and tidy and like to help out to keep the house clean.

### **Things that you worry about and need help with**

Tell us what you still need help with and would like to get better at while you are living in SILS. Here are some examples of needs you might like to tell us about:

1. I have never had to manage my money and I am really worried about this.
2. I find it hard to get to school on time. I might need some help getting ready in the morning.
3. I am not a good cook.

### **3. The SILS commitment to you**

The Supported Independent Living Service working with you agrees to:

- Treat you with courtesy and respect
- Include you in discussions about how your supports are provided
- Review your supports with you at least once a month
- Provide you with support to develop the skills you need to live successfully as an adult
- Help you reach the goals you have included in this plan
- Communicate openly and honestly with you regularly
- Give you information about managing any complaints or disagreements
- Listen to your feedback and resolve problems quickly
- Protect your privacy and confidential information
- Keep accurate records of the supports provided to you and provide these at your request
- Assist you, should you wish to move out of the home at the end of the SILS placement, to find alternative accommodation



## 4. Your commitment to SILS

You agree to:

- Inform your SILS provider about how you wish the supports to be delivered to meet your needs
- Treat SILS staff with courtesy and respect
- Treat your housemate/s with courtesy and respect
- Contribute to your living expenses as set out in this plan
- Talk to your SILS worker if you have any concerns about the supports being provided
- Work with SILS staff to achieve your goals and develop skills for adult life
- Treat your home with respect; keeping your house and garden (if applicable) clean and tidy to a reasonable standard

## 5. Your right to participate in decision making

Your right to be involved in decisions about your life is protected by law in South Australia under the *Children and Young People (Safety) Act 2017*. According to the law, you have the right to be consulted about decisions made about your life.

These rights are also outlined in [The Charter of Rights for Children and Young People in Care](#), which you should be familiar with from your time in care. If you don't know about The Charter and the rights it contains, you can ask your SILS worker or DCP caseworker for a copy. They can also help explain these rights to you.

If you feel that you are not being listened to or involved in decision making, you should discuss this with a SILS worker, your DCP caseworker or their supervisors. If this does not fix the problem, you can contact the Guardian's Office on 1800 275 664 or 8226 8570.

### **How you want to be involved in decision making and what we will do to support this**

Everyone has different wants and needs when it comes to being involved in decision making. This is your chance to tell us what works for you.

You might want to come to all care team meetings, or have regular meetings with your SILS worker to let them know your views. Or you might just want to receive an email with notes and decisions from care team meetings and have an opportunity to talk about them and make changes if needed.

It is the responsibility of your SILS worker to involve you in ways that work for you. This does not mean that decisions about your care will always be exactly what you want. Sometimes, the workers responsible for your care might make decisions that they believe are in your best interests but are different to what you have told them you want. If this is the case, you



still have the right to let them know what your opinion is and have this recorded. It is also the responsibility of your SILS worker and your DCP caseworker to tell you who made the decision and explain to you why it was made.

### **Tell us how you would like to be involved in decision making while living in SILS**

There are lots of ways you can choose to be involved. Here are some ways that might work for you. I want to:

1. Come to care team meetings.
2. Meet once a week with my allocated SILS worker to tell them my opinion.
3. Receive an SMS letting me know when meetings are being held to make decisions about me.
4. Receive an email with notes from care team meetings and what decisions were made.

### **Tell us how you would like your SILS worker to support you in being involved in decision making**

Your SILS worker might also add some comments here about what they already have in place to support you. Here are some ideas to get you started. I want my SILS worker to:

1. Make sure I have at least one week's notice of all important meetings.
2. Make sure I am included in all important emails about my care, unless there is a good reason not to (like protecting someone else's privacy).
3. Make a time to meet with me every week to have a talk about how things are going.
4. Send me notes and decisions from all care team meetings.

## **6. Your money**

Living in SILS is a great opportunity for you to learn how to manage your money before moving on to independent adult life.

Part of this learning process involves you paying some of your fortnightly income to your SILS provider to help cover the cost of your rent, bills and food. For most young people, this amount will be a lot less than when you are living independently. It will still give you some idea of what it's like to manage a household budget on your own, and is important in establishing a routine that will help you in the future.



This payment will be no more than 25% of your total income, and your SILS provider will work out what this amount is with you. The details of how much you need to pay, how often and how you pay this money to your SILS provider should be written below.

### **Help with managing your money**

Learning about managing your money doesn't only come from having to pay some money towards rent, bills and food. Your SILS worker will involve you in programs to teach you how to manage a household budget while living in SILS, because this is one of the most important skills for a successful adult life. This could be formal programs with a financial counsellor, or informal programs in your house and the community with a SILS worker. What this looks like will depend on what works for you, how much you already know about managing your money and what programs your SILS provider are able to offer.

If you are worried about not knowing enough about managing your money, please talk to a SILS worker or your DCP caseworker. It is our responsibility to help you with this.

## **7. Your details**

When you have completed your participation plan with your SILS worker, please add in your details below and then both of you need to sign the printed form to make it official. This form will be kept in your SILS file and also on the DCP computer system that keeps all of your case information. You will also get a copy of the plan for your records.

Young person's name:

Young person's signature:

Date:

SILS Worker's name:

SILS worker's signature:

Date: