

# Transition Planning

**Mā te huruhuru, ka rere te manu.**

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

Being discharged from care is an important milestone for rangatahi, which comes with challenges and new experiences.

Rangatahi must be encouraged and supported to kōrero about what they need as they transition into adulthood and develop the relationships, skills, and plans to do so successfully.



Transition assistance helpline  
**0800 55 89 89**

## Rangatahi led

Rangatahi will be given opportunities to kōrero around where they see themselves in the future and what assistance they want to reach their goals and potential.

As rangatahi are supported to prepare for their discharge from care, they will lead the decisions about their plan for adulthood.

### Planning for rangatahi will consider:

- their unique needs
- their strengths that can be built on
- encouraging them to overcome challenges
- celebrating their achievements.

## Making a plan

Social workers will start transition planning kōrero and hui with rangatahi from age 15. These hui are a good opportunity to kōrero with rangatahi, their whānau and family around their entitlements, planning for their discharge from care, and what supports and services are available to them as an adult.

### The transition planning hui covers:

- education and employment opportunities
- connection to whānau and family, whakapapa and culture
- health and wellbeing
- financial needs
- legal status
- living arrangements (including entitlement to remain or return to living with a caregiver)
- disability needs (this may be supported by a regional disability advisor).



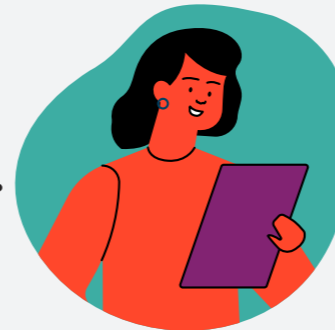
Rangatahi led



Life Skills



Connection to community and whānau



Making a plan

## Life skills

Rangatahi and their social worker will have ongoing kōrero to discuss their skills, strengths and needs. This is to ensure rangatahi are prepared for the transition to living independently as an adult.

Rangatahi will develop life skills with the help of their support people, including their whānau and family, hapu and iwi, caregiver, transition worker and youth worker.

### Life skills include things like:

- connecting with their identity, culture and whakapapa
- managing health needs, including mental health
- managing money and budgeting
- shopping for groceries and personal items
- cooking and preparing food
- personal and sexual health
- access to community resources e.g. the library and public transport.

## Connection to community and whānau

Relationships with key supportive whānau and family members, hapū and iwi, adults, young people and organisations are essential for all rangatahi. Strong, trusting, supportive and positive relationships and connections help rangatahi build resilience and help ease their transition from care.

### Rangatahi will be supported to:

- maintain connections with adults they trust
- use services available to them as they become an adult, including universal services, and connect them to what's needed
- be referred to a transition worker when they turn 16 (if they consent); the transition worker will support them in their journey to adulthood (until the age of 21).

Before rangatahi are discharged from care, they should have:



a verified online identity



their own bank account number and eftpos card



a valid photo identification



an IRD number



an understanding of their legal obligation to enrol on the General or Māori electoral roll



a Transition Plan



a referral to a transition worker (if agreed)



current contact details on CYRAS