

# Fostering

# Preparing Young People for Adulthood

The Trust Board has granted the Chief Executive of the Sandwell Children's Trust the authority to approve this document.



**Sandwell**  
Children's Trust

# Preparing Young People for Adulthood

## Regulations and Standards

The Fostering Services (England) Regulations 2011

[Regulation 11 - Independent fostering agencies—duty to secure welfare](#)

Fostering Services National Minimum Standards

[STANDARD 12 - Promoting independence and moves to adulthood and leaving care](#)

## Scope of this Chapter

This chapter explains the way in which the fostering agency promotes independence for young people in its foster placements.

## Relevant Guidance

[The Children Act 1989 Guidance and Regulations Volume 3: Planning Transitions to Adulthood for Care Leavers \(January 2015\)](#)

## Related Chapter

Staying Put Procedure

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## 1. Preparation for Independence

Regardless of the age of the young person in the placement, their need to develop skills so that they can become as independent as possible should be borne in mind and they should be encouraged to take responsibilities when they are able to do so.

Foster carers are expected to give the young person opportunities at appropriate times to practice independence tasks such as cooking, washing and ironing, within the foster home.

Young people should, from time to time, be involved in supermarket shopping with the carers and should be helped to compare value for money of different items. They should be helped to understand the relative expense of convenience foods and of fresh foods.

Foster carers should help children learn to prepare food and drinks, from making tea and coffee, to preparing cold and later hot snacks, and on to preparing simple meals. Sometimes, a camping, caravanning or self-catering holiday can provide a fun opportunity to develop these skills.

Children should be encouraged and supported to set up a long-term savings account, foster carers have a responsibility to help children develop money management skills.

As the child matures, they should gradually be given responsibility for paying for certain of their own needs from their pocket money. Examples could include comics or magazines, leisure activities, toiletries and mobile phone vouchers.

Foster carers should use the ordinary course of events within their household to make children aware of the process of paying bills, budgeting, and of the ease with which debts can build up. Young people should be helped to understand the dangers and consequences of this.

## 2. Leaving Care

The fostering agency will actively support and participate in preparing and reviewing the young person's Pathway Plan and, as part of this; the foster carers should support the Personal Adviser to identify the ways in which they can provide practical, financial and emotional support to young people as they become independent.

The Pathway Plan will cover some of the following key areas:

- Health;
- A plan for education, training or employment;
- Support to develop and keep appropriate family, social and sexual relationships;
- A programme to develop practical skills to live independently;
- Budgeting and money management;
- The young person's accommodation needs including any adaptations for a young person with a disability;
- What is needed to provide the young person with support.

## 3. Staying Put

See Staying Put Procedure.

The agency will support the work of the local authority / Trust in their duties to help young people to 'Stay Put' including the possibility of a young person continuing to live with their former foster carer when they turn 18, and up to the age of 21 years. This is called a Staying Put arrangement.

If it is proposed that a young person stay with the agency foster carers beyond the age of 18, the foster carers will be assessed in terms of their ability to meet the young person's needs into adulthood.