

Extended Care to 21 in QLD

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Consultation Process



QLD government proposed to roll out new *Extended Care to 21* support for those transitioning from care to adulthood in 2023.

QLD government commissioned *KPMG* to consult with key stakeholders/service providers regarding policy development.

QLD government commissioned *CREATE* to consult with young people who recently had aged out of care to obtain the views of those with a lived-experience of transitioning.

CREATE's Brief



- Produce a *literature review* of current national and international research concerning transitioning;
(https://create.org.au/wp-content/uploads/2023/02/Transitioning-to-Adulthood-from-Out-of-Home-Care_A-review-of-the-literature.pdf)
- Conduct *ThinkTanks* with young people to identify possible supports;
- Conduct a state-wide *consultation* with young care leavers to determine what their needs were and how they could best be met;
- Conduct *Youth Advisory Group* meetings (focus groups) to look at how identified supports could be implemented.

Literature Review (Part A)



- Focused generally on the care context and particularly on supports for transitioning in Australia;
- Models of Extended care:
 - At time of writing (November 2022), six jurisdictions already had committed to introducing a form of Extended care;
 - On 6 November, NSW announced it would roll out Extended Care in February 2023.
- Models are variable:
 - Were developed at different times;
 - Place emphasis on different aspects;
 - Provide differing levels of support.

Best Practice Identified from Models



1. Need for appropriate planning
2. Accommodation support
3. Income support
4. Mentoring
5. Service provision
6. Connection with Family and Culture

Planning



- Begin before 18, but not raise anxiety;
- Include a complete needs assessment for young person;
- Young person **MUST** be involved;
- Special consideration for First Nations and those living with a disability.

Accommodation



Young people given the opportunity to choose between options:

- Stay with carer (carer allowance continued);
- Access supported accommodation;
- Obtain an allowance to provide a basic income;
- Have the opportunity to return to carer between 18 and 21.

Income



- Support must be adequate to facilitate access to suitable accommodation for the average young person;
- Needs to be sufficient to encourage planning, and create certainty for young people;
- Should not be discretionary.

Mentoring



- Young people need some form of individual mentor:
 - Transition coach; Personal Adviser (UK);
- Key mentor can help with:
 - Maintaining social networks, emotional support;
 - Navigating specialist services:
 - Determine availability and accessibility of services.

Service provision



- Services required are determined from a *needs analysis*; part of *Planning*;
- As a minimum, assistance will be required with:
 - Accommodation;
 - Employment;
 - Budgeting;
 - Life Skills;
 - Health (Mental health);
 - Education.

Connection to Family and Culture



- Fundamental to understanding *Identity*;
- Important within social networks;
- Particularly important for *First Nations*;
- Increasing role of ACCOs.

Think Tanks



Two conducted:

- Cairns (North Queensland: $N = 4$);
- Brisbane (South-East Queensland: $N = 10$);
- Ages 18 to 25; six First Nations young people;
- Held in-person; each comprised two 30–45 min “Brainstorming” sessions;
- Thematic analysis of transcripts.

Think Tanks: Identified Support Needs



- Housing issues most important:
 - Safe; Stable; Affordable
- Financial support;
- Emotional support;
- Education;
- Mental and physical health;
- Independent living skills;
- Family relationships.

Think Tanks: Implementation Principles



- Support available to all:
 - no discrimination based on placement; sexuality; race;
- Options well communicated to young people;
- Accountable:
 - Policy must translate into practice;
- Accessible;
- Trauma-informed support;
- Young people involved in decision-making.

Participants:

- 33 young people (18–25 years of age; 18 females; one non-binary; 11 First Nations participants);
- Regions included: South-East QLD (14), Darling Downs (2), Central QLD (3), Wide Bay-Burnett (3), Mackay region (8), North QLD (3)
- Data collected through telephone interviews (14) and from online survey (19).

Survey / Consultations: Important Issues



Life Goals / Aspirations



Support Contact	Frequency	%
Employment	17	55
Continue education	12	39
Establish own home	11	36
Get a driver's licence and car	9	29
Live independently	3	10
Live a happy life	3	10
No goals	3	10
Start a family	1	3
Get away from family	1	3

Note. Percentages are based on number of respondents.

Consultations: Important Issues



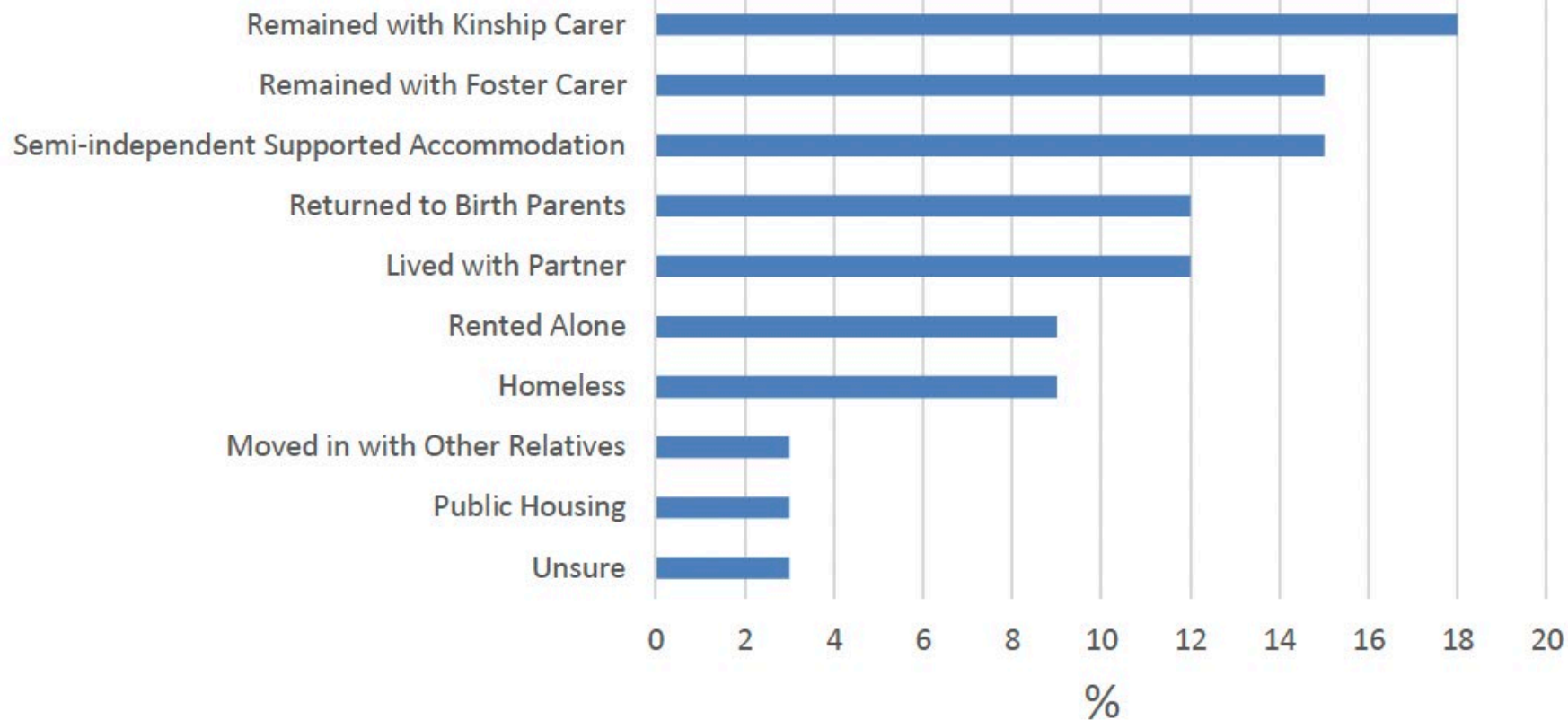
- Support for housing, health, relationships, and life skills;
- Having respectful, consistent and competent caseworkers;
- Having more time to transition gradually;
- Having more choices.

Consultations: Important Issues

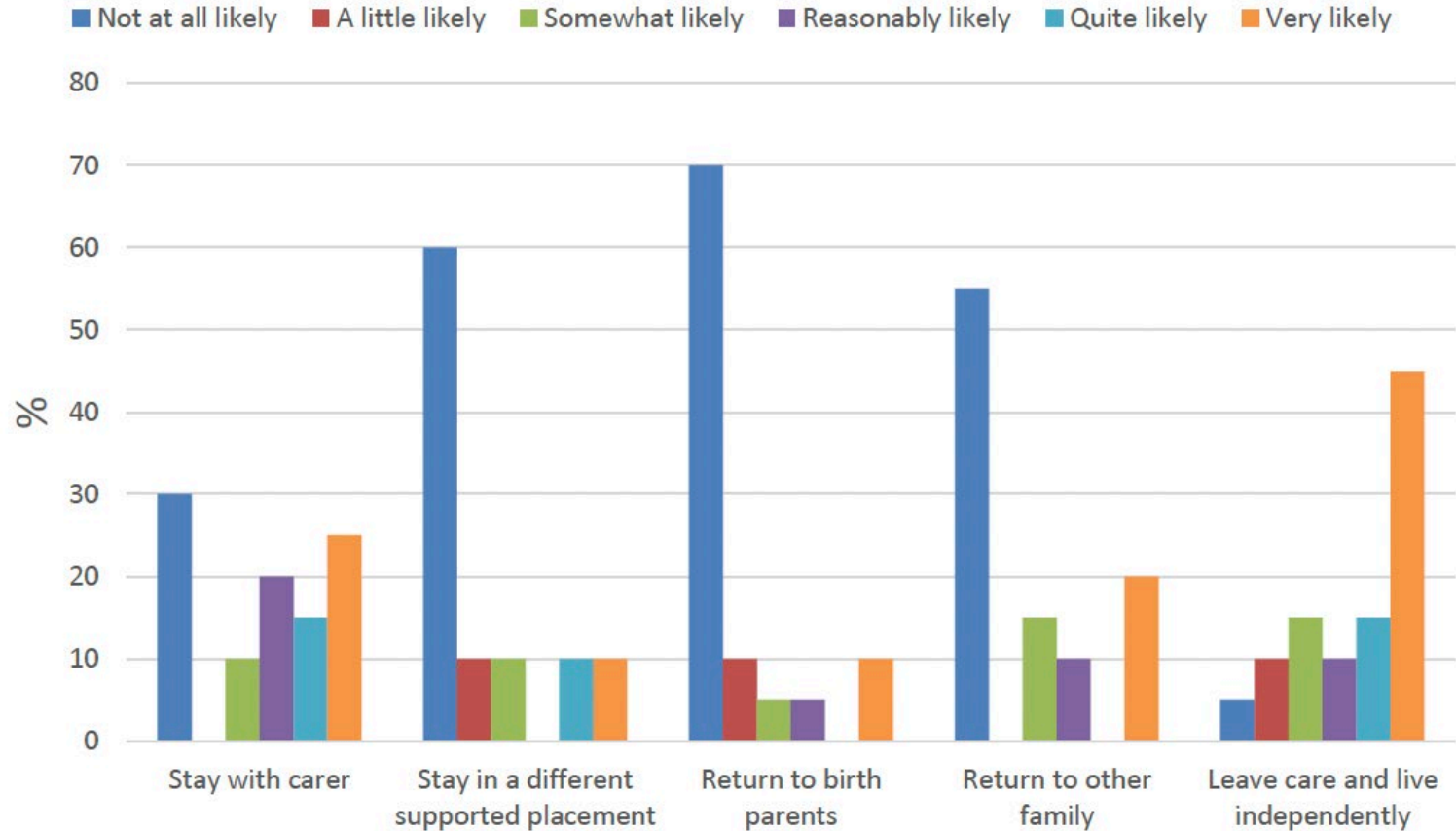


- Accommodation/Housing was critical:
 - Unsafe, unstable, inappropriate accommodation impacted on all other aspects of their lives;
- Considerations when choosing somewhere to live:
 - Feeling loved and cared for;
 - Being in a safe, familiar, and stable environment;
 - Having ongoing support;
 - Having a choice and their autonomy respected;
 - Being somewhere affordable.

Living Arrangements on Turning 18

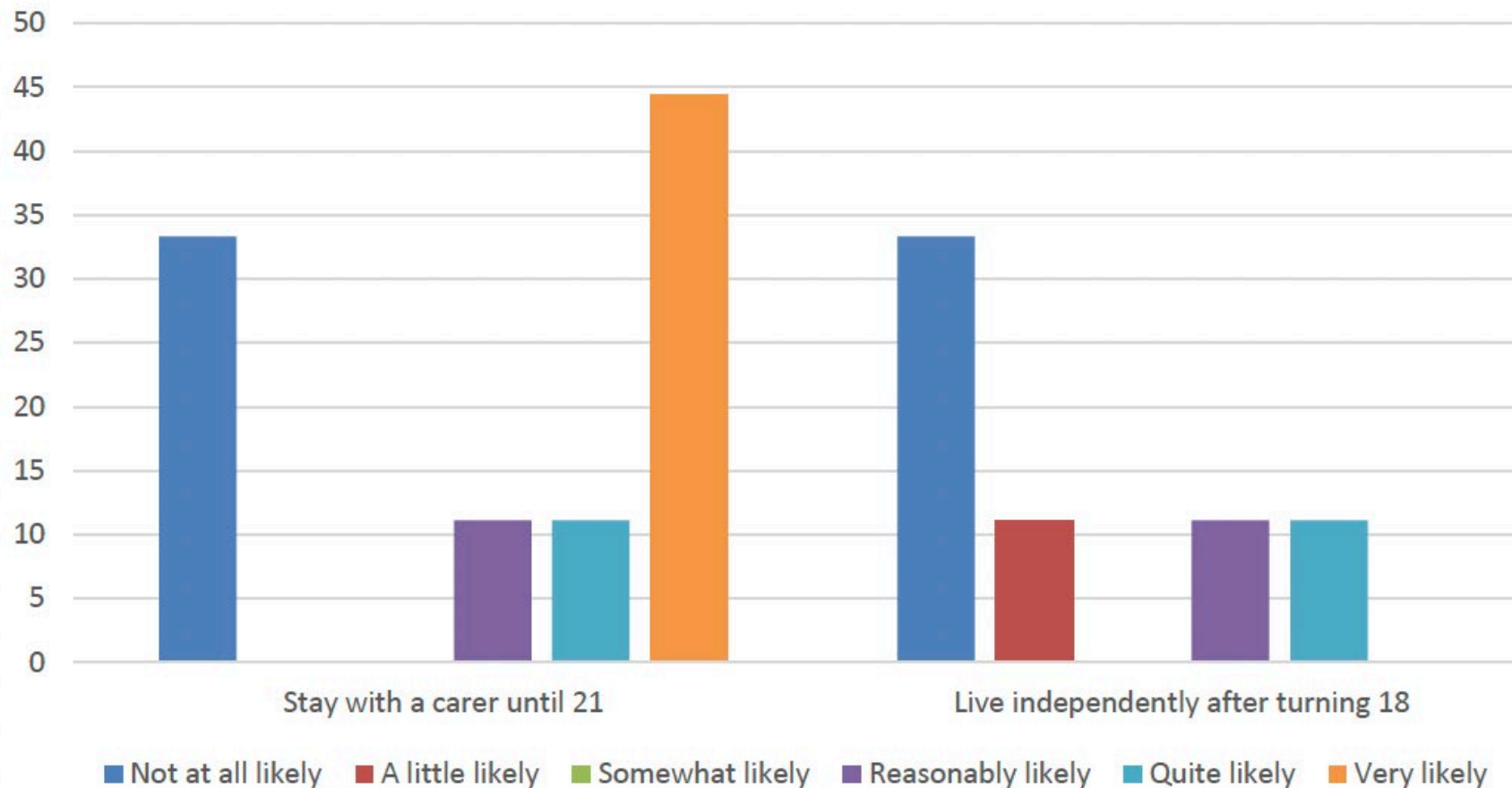


Living Arrangements if Given a Choice



Likelihood of Completing Education

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Support Needed if Not With Carer

Support Contact	Frequency	%
Housing	10	48
Support worker	4	19
Financial	4	19
Life skills	3	14
Mental and physical health supports	1	5
Information	1	5
Help navigating family relationships	1	5

Note. Percentages are based on number of respondents.

Estimated Weekly Expenditure



	Mean	SD
Food	\$134.40	92.73
Accommodation (e.g., rent/board)	\$134.23	106.98
Transport (e.g., fares etc)	\$84.30	51.40
Clothes	\$31.19	43.04
Utilities (power, phone, internet)	\$50.32	52.89
Entertainment	\$44.62	48.47
Savings	\$85.50	97.63
Other (e.g., pets; medical expenses)	\$36.00	43.63

Require around \$600.00 per week

Youth Advisory Groups



- Four YAGs held: Brisbane; Gold Coast; Darling Downs region; North QLD region;
- 18 young people 18–25 years of age participated (eight First Nations YP); in-person and online;
- Discussion focused on implementation of support in five areas:
 - Planning;
 - Housing;
 - Financial support;
 - General support (mentors);
 - Connection with family and culture.

Youth Advisory Groups: Housing



Staying with a carer:

Positives	Negatives
Continued connection, love, and care	Might limit independence
Continued support (emotional / practical)	Might limit relationship formation
Reduced anxiety and uncertainty	Location not practical
Reduced risk of homelessness	Take up placement for another child
Affordable	Unsafe environment
	Poor relationships; mistreatment

Youth Advisory Groups: Housing



Supported Accommodation:

Positives	Negatives
Access to supports	Safety risks (unsafe neighborhood)
Enables development of long-term goals	Quality and turnover of workers
Accessible (compared with private rental)	Long waitlists
Reduced risk of homelessness	Inadequate levels of support provided
Affordable	Enhanced feelings of abandonment
Increased stability	
Space and independence	

Youth Advisory Groups: Finances



Receiving a known basic allowance:

Positives	Negatives
Supports autonomy	Stress about budgeting more money
Stability	Impact on tax
Assist with cost of living	Impact on placement stability
Reduce financial stress	Concerns with spending being monitored
Support educational goals	Risk of financial abuse by others
Enables activities that enhance well-being	Risk of reduced motivation to find work
No compromise on essentials (e.g., food)	Risk of making poor choices
Easier to budget when needs can be met	

Youth Advisory Groups: Mentors



Mentoring models:

- Paid workers (Transition coach; Personal Adviser)
- Volunteers (strangers introduced or known persons)

Desirable qualities of Mentors:

- Be conscientious and competent;
- Work to build relationships;
- Meet employment standards developed with young people;
- Have an in-care experience or be trained by those who have been in care;
- Be committed.

Youth Advisory Groups: Family and Culture



- Support developing knowledge of kin and culture;
- Ensure siblings are aware of each other if safe to do so;
- Provide financial support where travel to Country is required;
- Support navigating family relationships;
- Support workers to facilitate contact where needed;
- Provide family mediation or counselling support.

Proposed Roll-Out: QLD model features



- Support only for young people who turn 18 after 1 July 2023.
- Carers receive allowance; constant base rate for 3 years.
- Young people who do not stay with carer can access an allowance of up to \$16,000.00 per year (\$615/ftn): Adequate?
- Service providers will administer allowance. What are the taxation implications? Discretionary?
- Caseworkers will “walk beside” young people as mentors.
- More involvement of ACCOs for community connection.

Thank you!

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