

## Planning for the next chapter

Moving from foster or residential care to independent living can generate mixed emotions. While it's exciting to experience a new sense of freedom, without the right support networks and resources in place, it's common to also feel overwhelmed, anxious or isolated.

You can set yourself up for success by planning for your future. Whether you've left care or are preparing to leave care, we can help you ease into your new living situation, build new connections and learn essential life skills.



*Wanslea is a leading provider of services for children and families in Western Australia.*

*Wanslea's Leaving Care program is funded by the Department of Communities (Child Protection and Family Support)*

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## My Place Ngany Mia (Leaving Care)

*Transitional support for young people who are moving from care to independent living*

*Wanslea acknowledges the Traditional Owners of country throughout Australia and recognises their continuing connection to land, waters and community. We pay our respects to them and their cultures; and to elders both past and present.*



## What is My Place-Ngany Mia?

My Place-Ngany Mia (Leaving Care) offers transitional support for young people moving from State care to independent living. It is for young people aged 15 to 25 who are preparing to or have left the care of the Department of Communities – either from foster care or a group home arrangement.

We offer individualised, one-on-one and group support, and can provide assistance before, during and after you have established an independent living situation.

Leaving care support is available in Rockingham and Mandurah. Please contact our team directly to discuss availability in your area.



## How we can help

The Leaving Care program will help you access new resources, grow your support network and build upon your existing skills and knowledge in a range of areas, including:

- Life skills
- Housing
- Financial management
- Employment, education and training
- Physical health and wellbeing
- Emotional health and wellbeing
- Relationships
- Legal matters
- Identity and culture

With support from our team you'll establish a transition plan based on your goals and strategies for independence.

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If needed, we can also include your significant others in this process.

## How to apply

### 1. Referral

Wanslea's Leaving Care program is entirely voluntary. To apply, you will need a referral. If you are still in care, you can request a referral from your caseworker. If you are no longer in care, you can self-refer. You can download a referral form via our website, or request a form by contacting us.

### 2. Review

We'll review your referral and supporting documents to ensure we have all the

information we need. In some instances, we may need to request additional details from your referrer.

### 3. Acceptance

We'll contact you, and your referrer if appropriate, to confirm that we've accepted you into the program and give an estimated wait time to allocate you a youth worker. Your youth worker may contact you directly or speak to your carer depending on your needs and living situation.