

research in practice



Supporting transitions for young people leaving care

Leaving care should make care-experienced young people feel supported, confident and ready for the future, however their journey can vary considerably depending on their reasons for entering care and their experiences within the care system. This can understandably impact upon their transitions from care and their continued journey into adulthood.

This selection of learning resources about leaving care can be used to support evidence-informed practice with children, young people and families.



Read

Short read: [Improving services for care leavers: Coram Voice and the New Belongings programme \(Blog\)](#)

Longer read: [The wellbeing of children in care and care leavers - learning from the Bright Spots Programme: Strategic Briefing \(2022\)](#)

Longer read: [Bridging the Gap: Transitional Safeguarding and the role of social work with adults - Knowledge Briefing \(2021\)](#)

Longer read: [The Care Experienced Conference 2019 - What's happened since?: Strategic Briefing \(2021\)](#)

Longer read: [Care leaver transitions: Strategic Briefing \(2017\)](#)



Tools

[Supporting young people who identify as LGBTQ+: Frontline Briefing \(2022\)](#)

[Trauma-informed approaches with young people: Frontline Briefing \(2018\)](#)

[Enabling and embedding creative participation in child and family social work: Practice Tool \(2022\)](#)



Listen

30 mins: [Reflections on accessing care records and supporting good recording \(2021\)](#)



Watch

30 minutes: [Risks, Resilience and Relationships: Safeguarding adolescents into adulthood](#)

25 minute chapters: [Setting up care leavers to succeed: Online Learning Package](#)

1 hour: [What matters to children in care and care leavers' well-being: learning from the Bright Spots programme](#)

5 minutes: [Supporting young people to stay connected to the people who matter: Video learning resources](#)

12 minutes: [Collaborative working to support Transitional Safeguarding](#)

30 minutes: [Risks, Resilience and Relationships: Safeguarding adolescents into adulthood](#)



Reflect

Reflect on and record your CPD using the button on each resource page. You can also bookmark and share resources with colleagues. Log and review your reflections in [‘Your CPD.’](#)

For more resources, explore the [children in care and transitions topic pages](#).