OURLIVES BEYOND CARE

Care leavers' views on their well-being in 2018

Survey age group





worker'

96 I can easily contact my worker. Care leavers
If of the time or sometime

My care leaver worker is very easy to talk to and helps out when she can or is available best one out there.

Life as a care leaver



My worker is really nice and has helped reduce some of the anxiety I feel about leaving the care system and being left alone.

I don't know why I was in care or would like to know more.

things I like to do in my

Main things that

stop me having

fun is no money.

Hanging out with people I like

...I have asked why I was put into care, no one will tell me!!! I only have bad memories and therefore am left being very scared of my biological family and yet no one will/can help me...

spare time.

Watching TV/films

Shopping

Wish to do more

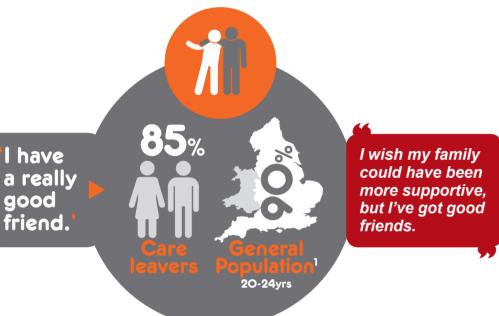
like camping.

adventures, things

Relationships

easy to get along

with and trust.



I have someone who...





Believes I will Tells me when i've done well. be a success.

I have someone I can trust, who helps me and sticks by me no matter what.

Listens

to me.

[NAME] has helped me out so much with my confidence and I trust her a lot.



In last few weeks - I always/most of time feel lonely.



in 5 Care leavers (19%)

Comparison data - 10% of 16-24yrs report being lonely often/always.3

It's mostly an alone feeling like I can't go anywhere or do anything because of the way I look and having nobody."



Dr. Claire Baker, Linda Briheim-Crookall, Levana Magnus and Professor Julie Selwyn **April 2019**

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6/10 Same as other YP 1/10 Positively Negatively

I felt I was treated better as a care leaver. I felt my achievements were recognised more as a care leaver.

find it difficult to

cope financially.

The financial part is difficult

and there could be more

support at times.

My depression and anxiety [stops me having fun]. There seems to be no support unless you pay for it.



out of supported housing. It doesn't feel like a home. Too many rules.



Where I live

is right for me.

l cannot afford where I live, and it is too big

> Ihave access to the internet at home

Now I don't have a contract phone, no Internet.

Just want to achieve my goals in life and not give up.

Very High

Satisfaction

Life



16-24yrs



Well-Being

I think mental health is a huge factor for care leavers and I do not feel there is a lot of support around this and a lot of care leavers don't transition into adult services as well as they should be.



Scores

Care leavers





to the general population? a much higher proportion of care leavers have low well-being.

⁶ ONS, 2018, Internet access - households and individuals, Great Britain

⁷ONS, 2017, Young people's well-being measures

¹UK Data Services, 2015, Understanding Society: The UK Household Longitudinal Study Wave 5 ²ONS, 2017, Young people's well-being measures 3 ONS, 2018, Loneliness - What characteristics and circumstances are associated with feeling lonely?

⁴ ONS, 2017, Young people's well-being measures ⁵ Statista, 2017, UK: smartphone ownership by age