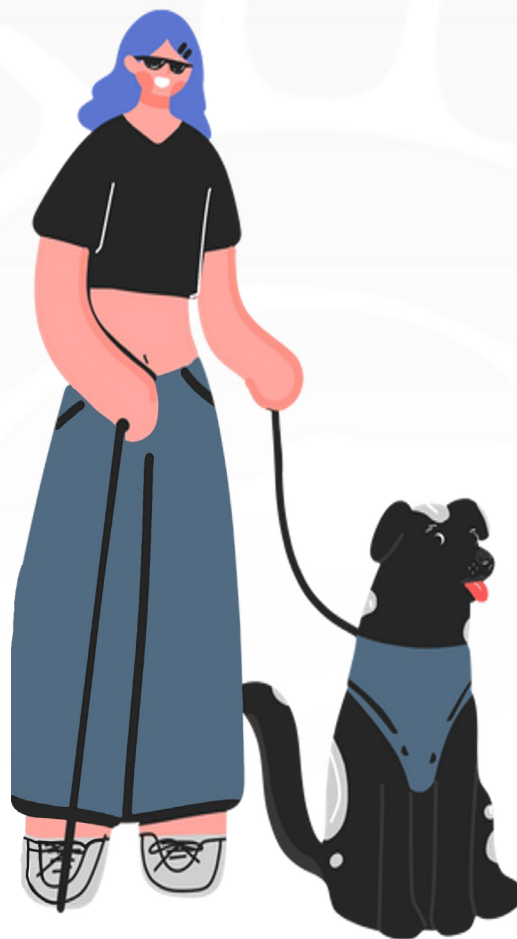


# Smooth Transition

# Home Stretch

WA

## Information Session Practice Guide- Connecting young people Living with Disabilities to Home Stretch WA



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Department of **Communities**

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## Introduction

The Home Stretch WA service offer provides young people with a right to access continuity in support until they reach the age of 21. It is a highly individualised service, focused on empowering each young person to grow and maintain their connections and interdependence with their community as they transition from Out-Of-Home Care (OOHC). An individualised approach is critical to best support young people living with a disability transitioning from Out-Of-Home Care. Each young person's situation is highly unique, requiring intentional conversations with the young person and their support circles to explore the right balance of supports delivered by Home Stretch WA and the NDIS.

Home Stretch WA providers work with young people who may require different levels of tailored support to reach their goals. A considerable number of young people transitioning from OOHC are living with a disability and would significantly benefit from participating in the Home Stretch WA service.

Home Stretch WA includes a financial safety net of resourcing that supports young people's housing stability and other life domains, as well as 1:1 coaching. These resources are designed to reduce over time as a young person becomes increasingly interdependent in their community and more financially self-reliant.

***This guide outlines how to prepare for a meeting to provide information regarding the Home Stretch WA service offer to a young person living with a disability and their support circles.***

## National Disability Insurance Scheme (NDIS)

The NDIS provides support to people with a disability, their families, and carers. A young person with a disability who has been determined to meet the NDIS access requirements, can choose to become a NDIS participant. Each NDIS participant will develop an individual plan outlining their goals and how the funding they have received will be used to purchase supports and services to pursue these goals.

The NDIS is designed to meet a young person's ongoing disability-related needs. Support to complete daily living activities, investment in assistive technologies, home or vehicle modifications, specialised equipment and support that helps a young person build their independence and skills, are the main areas for which NDIS funding is provided. However, the NDIS does have some limitations as to what it is able to fund. For example, supports not directly related to a young person's disability, or those that relate to day-to-day living costs, for which all young people are subject to pay, are not funded by the NDIS.

## Benefits & Limitations of Home Stretch WA

The flexibility of the Home Stretch WA service enables Home Stretch WA providers to work with young people living with disabilities to provide additional supports to the young person and their support circles, that complement the disability-related supports offered through the NDIS, without becoming a replacement to those enduring supports.

The Home Stretch WA service will work in partnership with the Department of Communities and the young persons' NDIS support providers who are responsible for;

- developing an application for a support package through the NDIS.
- supporting a young person with the complex care needs related to their disability or
- providing personal care supports, physical support needs and independent daily living supports



## About the Info Session

### What is the Info Session?

To ensure the young person's choice, control and agency, they are actively involved in exploring whether Home Stretch WA is going to meet some of their support needs. The Info Session describes the process of meeting with the young person and all their relevant supports to provide information regarding the Home Stretch WA service offer.

### The Goals of the Info Session are to:

- Provide the young person and their support circle the opportunity to increase their knowledge and understanding about the Home Stretch WA service, including the benefits, scope and limitations
- Develop a common understanding for all participants in the Info Session, of the role of the NDIS supports as the primary and enduring resource for a young person and their carers in all areas of their life that are impacted by their disability
- Determine how the Home Stretch WA service offer may complement, without duplicating the young person's NDIS supports, and assist to meet their support needs that are not related to their disability.

### When does the Info Session occur?

Once the Home Stretch WA provider has received the Stage I Referral Form and the Disability Supplementary Details Form, the Coordinator can liaise with the District Office to gain further clarity or details on the information, if required. The Coordinator then allocates the primary Transition Coach and the Transition Coach and Coordinator directly liaise with the Child Protection Case Manager to arrange the Info Session meeting time.

### Who attends the Info Session?

The Info Session is coordinated by the young person's Child Protection Case Manager and involves the young person, carer/s, their legal guardian (if relevant), and any current (or proposed) NDIS support service representative/s, preferably the Support Coordinator.

## Important Considerations of the Info Session

### What will the Info Session look like?

1. An individualised approach is critical to best support young people with a disability transitioning from OOHC. Each young person's situation is unique, requiring intentional conversations with the young person and their support circle to explore and plan the right balance of supports to be delivered by Home Stretch WA and the NDIS.
2. The meeting is held in a place that is safe and convenient for the young person and their family.
3. Whilst the Info Session process is described as a single in-person meeting with all supports in attendance, it is adapted to suit the individual needs of the young person. For example, an Info Session can include:
  - smaller discussions/meetings with individual stakeholders
  - where the young person only attends a portion of the Info Session
  - information presented in a range of formats.

A young person's attendance at the Info Session can be considered by members of their support circle to not be in the young person's best interests. In this circumstance, a separate Info Session is arranged and held between the Home Stretch WA provider and the young person's key supports (including Case Manager). The most appropriate person is identified at this meeting to connect with the young person and provide the opportunity for the young person to make an informed choice about the Home Stretch WA service.



## Informed Choice

The Info Session will assist a young person to make an informed choice about their participation and engagement with Home Stretch WA. Provisions are made for a young person's legal decision maker/s to be in attendance if they are unable to legally consent to their involvement, e.g. where plenary guardianship orders or limited guardianship orders are made and stipulate decision-making authority over services.

As part of the Stage II Referral process, Home Stretch WA providers need to gain a thorough understanding of what informed choice means in the specific context of supporting each young person living with a disability. This can include consideration of:

- how best to communicate with the young person
- who else might need to be involved to ensure that the young person's agency is respected and
- who has clear legal authority to provide informed consent.

### Support Decision-Making Capacity

- Young people with disabilities have the right to make decisions about their own lives, regardless of the level of support they require.
- Foster decision-making capacity by providing tailored and accessible support, information and resources.

### Explain Risks, Benefits & Consequences

- Present a balanced view of the potential benefits, risks and consequences of the service offer.
- Help the young person understand the implications of their choices, in relation to their disability-related needs and the available support services.

### Encourage Questions & Active Participation

- Encourage the young person to ask questions and seek clarification on any aspect they may not fully understand.
- Actively involve them in discussions and decision-making processes, valuing their opinions and perspectives.

### Respect Choices & Preferences

- Respect the decisions made by the young person, even if they differ from what you may recommend or prefer.
- Acknowledge that their choices should reflect their values, goals and aspirations.

### Document & Communicate Choices

- Ensure accurate documentation of the young person's choices and preferences, with their consent.
- Share this information appropriately with relevant stakeholders, such as carers, guardians, and other support services involved in their care.

### Review & Revisit Choices

- Recognise that choices and circumstances may change over time.
- Regularly review and revisit the young person's choices to ensure their ongoing relevance and alignment with their evolving needs and aspirations.

### Preparing for the Info Session

#### **Prepare relevant information & resources to provide the young person, their carer/s & other parties, about the Home Stretch WA service offer**

- Match the presentation of information with the young person's preferred learning styles and ways of communicating, to allow a young person to understand their choices, the supports offered and their right to make an informed choice.
- Make any adaptations needed to specific resources to help communicate the service to young people and their carers.
- Provide an overview of the Home Stretch WA service supports applicable to the young person with clarity and accuracy, rather than detail on all parts of the service.

#### **Use the Stage II Referral Form to gather relevant information**

- The Transition Coach uses the Stage II Form to gather relevant information about the young person's current living situation, goals, support needs and their support circle.
- Gather specific information regarding the young person's disability support needs and current funded supports, that may be important to discuss at the meeting. Include whether the young person can engage in 1:1 support with a Transition Coach.
- The Regional Intensive Support Coordination (RISC) worker in the District Office may also be an important source of information and assistance, as well as any foster/family carer support staff or agencies working with the young person's carer.





## Info Session

### Step 1. Intro & Icebreaker

- Introduce all participants.
- An acknowledgement of country and cultural representation is explored sensitively with Aboriginal families and young people.
- Establish a shared commitment to working together to explore how the Home Stretch WA service may support the young person and whether they would like to engage with the service.
- Encourage everyone to briefly share something positive or interesting about themselves to break the ice.

### Step 2. Explain the Purpose of the Session

- Clearly state the purpose of the meeting:  
***'To provide information about Home Stretch WA services and support the young person in making an informed choice.'***
- Emphasise that Home Stretch WA is about building a young person's interdependence in their community, their self-reliance and ability to independently access resources and supports from mainstream services.

### Step 3. Present the Home Stretch WA Service Offer

- Provide a clear and concise overview of the services offered by Home Stretch WA, emphasizing the key elements that are most relevant to the young person and clarify the criteria for any of the support resources.
  - Transition Coach Support
  - Invest In Me Funding
  - Staying On Subsidy (if relevant)
  - Housing Allowance
- Highlight any parts of the offer that are:
  - already covered through the NDIS package
  - may be missing from the package
  - cannot be met by the Home Stretch WA service.

### Step 4. Address Questions & Concerns

- Encourage the young person, their carer, guardian, and disability support service representatives to ask questions and share concerns.
- Answer queries honestly and provide additional information or clarification as needed.
- If there are questions that require further exploration, state this and who will follow up and communicate the information.
- If there are concerns specific to the young person's disability, address them with sensitivity and involve the disability support service in providing relevant information.
- Ensure there is a clear understanding of the expectations and limitations of the service offer, particularly in relation to Staying On and the Housing Allowance.

## Info Session

### Step 5. Discuss Transition Coaching

- Based on the young person's specific needs, explore the role of a Transition Coach and how they may work with the young person towards meeting their goals.
- Invite the young person to share their hopes and aspirations or areas of their life in where they would like support from the Transition Coach
- Invite the disability support service representative/s to provide a comprehensive description of the young person's current support services and where there may be gaps or duplication.

### Step 6. Explore the Young Person's Preferences & Goals

- Ask the young person to share their preferences regarding who they want involved in supporting them and how they want this to work.
- Ensure the young person is aware that it is their choice whether to participate in the Home Stretch WA service and to engage with a Transition Coach.
- Encourage the young person to think about the choice and to discuss it with a trusted person.
- Offer the young person another time to meet separately with the Transition Coach to hear more about the service.

### Step 7. Provide Information on Next Steps

- **Summarise** what was agreed and discussed during the meeting.
- **Outline the next steps** in the process. For example, this could be:
  - arranging another meeting to continue the onboarding process directly with the young person,
  - collecting and sharing information about the NDIS package or application progress to coordinate how Home Stretch WA can be a complimentary support service
  - offering the young person more time and space to consider and communicate about their choice.
- Check in with the young person, their carer/s and other support person/s to confirm their understanding of the Home Stretch WA service.
- Outline how the young person communicates their decision and what happens next if they choose to engage in the service. This will include the development of a Working Together Plan, and the completion of further onboarding activities.
- If the young person does not communicate any desire or intent to engage with Home Stretch WA, they are given up to 6 weeks from time of the Stage I referral being sent, to make their decision.
- The Home Stretch WA provider advises the young person, their carer and disability support service representatives of the pathway to return to seek support, either directly in the short term, or via the District office if it is greater than 12 months from the initial referral.