

## **Appendix 4**

### **Young people's Schedule**

#### **Section 1 - Experience in care**

##### Introductory questions

1. How old are you now?
2. For how long have you been in care?
3. What is it like to be in care? (**Prompts:** feelings about being in care, in relation to the foster family and birth family).

#### **Section 2: Living in Transition:**

4. **Introductory question:** Are you attending education, do you have a job or are you unemployed?

##### Training/Education

5. *Could you tell me what sort of course it is?* (**Prompts:** 1) for how long the YP is attending, 2) does she/he like the training; who chose it and why; 3) does the training meet the YP's expectations, 4) if the YP did not finish the training try to explore why, 5) does the YP want to go into further education, 6) job prospectus after the course).
6. Have you attended other courses in the past? Do you like more this course or the others? (**Prompt:** 1) does the YP feel that this course is better than others? Why? 2) Is the course impacting on the YP self-esteem/confidence, 3) is the course related to what the YP would like to do in the future?)
7. Is there anything that you would like to change in the course/training? (Prompts: difficulties experience, support received to overcome these difficulties).

##### Employment

8. *Do you like what are you doing or would you like to find another job? Why? Why not?* (**Prompts:** 1) kind of work, 2) difficulties in finding the work, 3) difficulties experienced in doing the job, 4) support to overcome these difficulties, 5) what does the YP think about this support, 6) does the job help the YP to fulfil their aspirations? 7) Do you feel happy in this job?)
9. *How do you get on with your employer and colleagues? Do they know that you are in care? If so, how did they react? Do you feel supported by them? Why not/why and how?*

10. Did you receive any support when you were looking for this job? What Kind? (**Prompts:** development of job seeking skills, CV, funding to go to interviews and work, etc.)
11. Are you still receiving any kind of support in relation to your job? If not, do you think that you should receive support in terms of employment? What kind?

### Unemployment experience

12. Are you looking for your first job? **If not**, why did your previous job come to an end?
13. For how long have you been unemployed and how do you feel about this?
14. Has it been difficult for you to find a job? **If so**, why do you think it has been difficult? (**Prompt:** 1) what kind of jobs is the YP looking for, 2) what kind of difficulties has the YP in finding a job, 3) support provided in relation to this matter, 4) what does the YP thinks about this support).
15. Are you receiving or living on benefits? Is there any special reason for this? Are you receiving any other financial support?

### Accommodation

16. **Introductory question:** where are you living now? (**Prompt:** 1) kind of placement, 2) when did you move in? If it is a social housing or homeless flat try to explore the process of obtaining the flat.)
17. What is it like to live here? (**Prompt:** 1) Do you like to live here, relationship with partners/flatmates, 2) housing conditions, neighbouring area; 3) would the YP like to live here for a long time; 4) would she/he like to change something e.g. move out, decorate the place, rules, 5) does she feel safe, supported, etc.)
18. Before this where were you living? Was it better or worse? Why?
19. Would you call this place home? Why?

### **If living in an independent flat:**

20. *What is it like to live on your own?* (**Prompts:** managing budgets, paying rent, difficulties with daily tasks, support provided to overcome these difficulties; relationship with neighbours)
21. *Did you feel that you moved into this flat at the right time? Why?* (**Prompt:** explore support provided before moving in, how useful it was for the YP; the process of getting a tenancy).
22. *Are you still receiving support? What kind of support?* (**Prompt:** If not, explore why.)

23. *Do you think that you need more support in order to live in your own flat? (Prompt: explore the independent skills of the YP: cooking, budgeting, shopping for essential items, etc.)*

24. *Where would you like to live in the future? Are you receiving support in relation to this?*

25. *Is having your own house important for you? Why?*

#### *Other accommodation experiences*

26. *Why are you moving into new accommodation? How do you feel about this move? (Prompts: young person's aspirations, who chose the new accommodation)*

27. *Have you slept rough? Have you slept in your friends', other people's homes, hostels or B&B because you didn't have a house/place of your own? Why and how was it? (Prompt: causes of homelessness, explore feelings of being homeless)*

28. *What kind of support did you receive? If so, was it helpful? If not, why?*

#### *Support from throughcare and aftercare team (formal support)*

29. *How important is the support you receive from your workers for you?*

30. *Who is the person that you trust the most when you need to speak about what is going on with you and about your feelings or your problems? (Prompts: who is the person and why this person?)*

31. *Do you have any other people supporting you like family members or friends? (Prompt: 1) what kind of support, 2) does it feel more important/useful than professional support, 3) family as a support network, 3) friends as a support network, 4) support from partners).*

32. *Have you ever refused any kind of support? Why? (Prompts: difficulties experienced with worker and in engaging with the support offered, kind of support that is more difficult to engage with.*

#### *Pathways plan*

33. *Do you have a pathways plan? Do you remember what you put in your pathway plan? (Prompt: understanding of pathways plan).*

34. *Are you happy with your plan or would you like to change anything? If so, what would you like to change and why? (Prompts: progress; if there is no progress try to explore why).*

## **Mental Health**

### *The experience of mental health difficulties*

35. What is it like to live with depression? (**Prompt:** 1) What symptoms do you experience, 2) how does depression affect your life at present e.g. mood swings, relationships, tenancy sustainability, work? 3) do you feel that you are treated differently in any way)
36. When did it start? What do you think caused it?
37. What makes you feel down? What do you do in these situations?
38. Do you or did you take drugs and/or alcohol? Why? (**Prompt:** when? what kind? how often? with whom? Did the young person ask for help? Explore the relationship: drug/alcohol as a problem/addiction or self-medication).

### *Support provided in terms of mental health*

39. *Are you getting any support to help you cope with your difficulties? If so*, what kind of support are you getting and what do you think about it? **If not**, Why? (**Prompt:** 1) who helps the YP in relation to depression, 2) who referred the young person to this support; 3) improvements experienced?
40. Have you been seen by a psychiatrist? How was it?
41. Are you taking medicines? How is it?
42. Do you have sufficient information about depression and about the support that you can receive? If not, what kind of information would be helpful?)
43. What do you think would help you to improve your health? Why?
44. How do you cope when support is lacking?

### *Self in relation to the present and future*

45. What does being independent mean to you? (**Prompt:** is it defined based psychological or practical concepts).
46. Do you feel ready to move to independence? Why? (**Prompt:** 1) does the young person feel that he/she has the knowledge and skills to live independently? 2) Is it the YP's wish to move on or is the decision due to a lack of choice, if so then why? 3) Explore the relation support provided/support needed.

47. What would you like to do in the future in terms of: 1) employment, 2) education, 3) housing and 4) health (**Prompts:** does the young person think that she/he is receiving the right support to achieve her/his goals?).
48. Do you have any worries/hopes in relation to your future? Are you receiving any support to overcome these worries? What kind of support?
49. Is there anything that you like about how you are coping with your situation? And is there anything that you do not like about how you are coping with your situation?
50. What do you think you need to be successfully independent in the future?
- 51. If leaving independently ask:** did you imagine that living independently would be like this? Were you expecting to live the life that you are experiencing now?

### **Recommendations**

52. What do you think would improve in the care system (**Prompts:** Recommendations for the government and workers)
53. Imagine that you are a worker, what advice would you give a young person who is living a situation similar to you?