

Brief Summary of the session

- Holistic Assessment activities are a way of understanding a young person's current situation, challenges, values, strengths and hopes for the future.
- This can be done various ways through exploring a young person's strengths, values or life domains.
- The purpose of holistic assessment is not to 'assess' the young person but gain understanding of how to support them to reach their aspirations and understand what is important to them.
- It can also be a good way to explore what Home Stretch may be able to offer the young person (Invest In Me Funding Goals etc)

What is the intended outcome from the session from a young person's perspective?

- The young person to feel that we have a genuine interest in where they have been, where they are now, how they would like to grow as people, and where they would like to go life.
- Gain a sense of clarity around their current situation, what's working and what's not, and to feel empowered and supported to make changes, improve on, or maintain the different elements of their life and social functioning.
- To be aware of the Home Stretch WA Service Offer.

What Practice or System Principles are Relevant for the coach?



What do you do (Step by Step Guide) to run this session?

Preparation:

Location:

Discuss the location with the young person, choosing somewhere that is most comfortable for them. To encourage open discussion in a safe and respectful way, choose somewhere that offers some privacy – a crowded coffee shop may not make a young person feel comfortable speaking about their life, personal goals, and the challenges they face. Typically, their home, a local park, a private space at a youth centre/ library or something similar are good suggestions.

Step by Step Session Plan:

Example Tools

Life Wheel

Can be drawn by hand and divided into as many segments as necessary

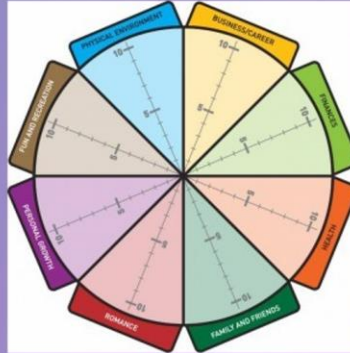
Be creative with what categories you look at

"Where do you score yourself right now?"

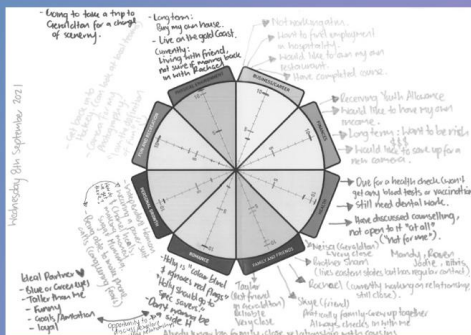
Scoring allows discussion around how things could be better

"What would you need to happen to move from a 4 to a 6?"

Can be reviewed in future.

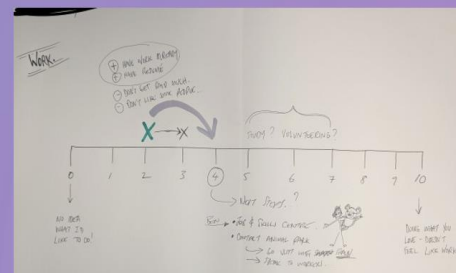


Life Wheel

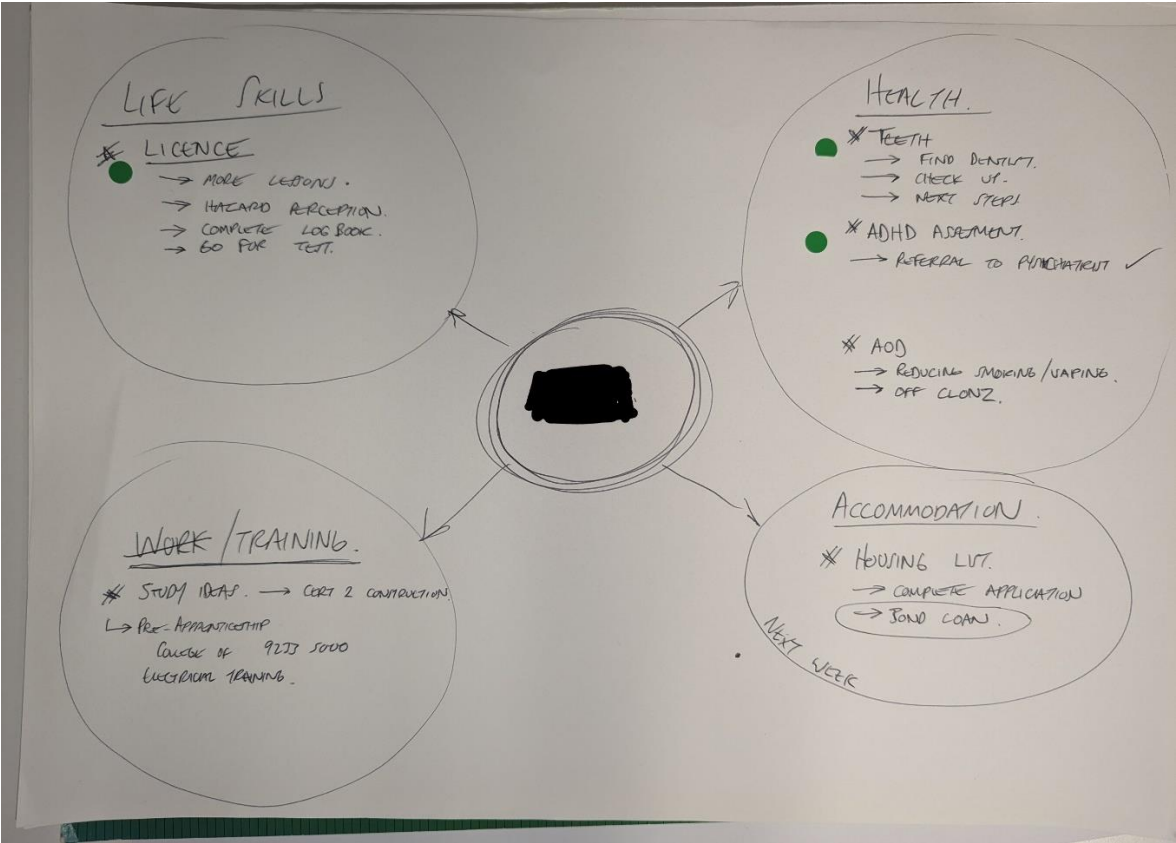
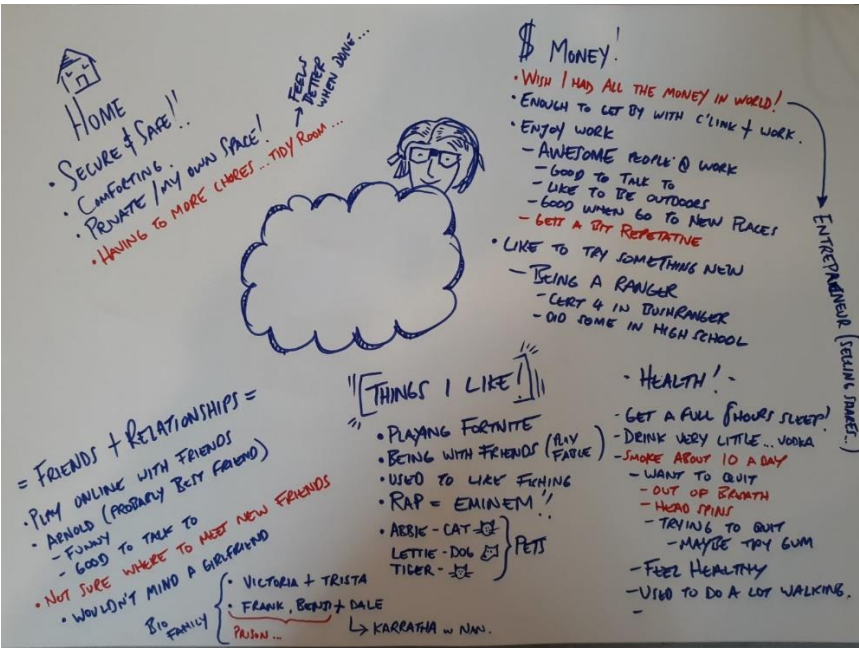


Too much going on in a Life Wheel?

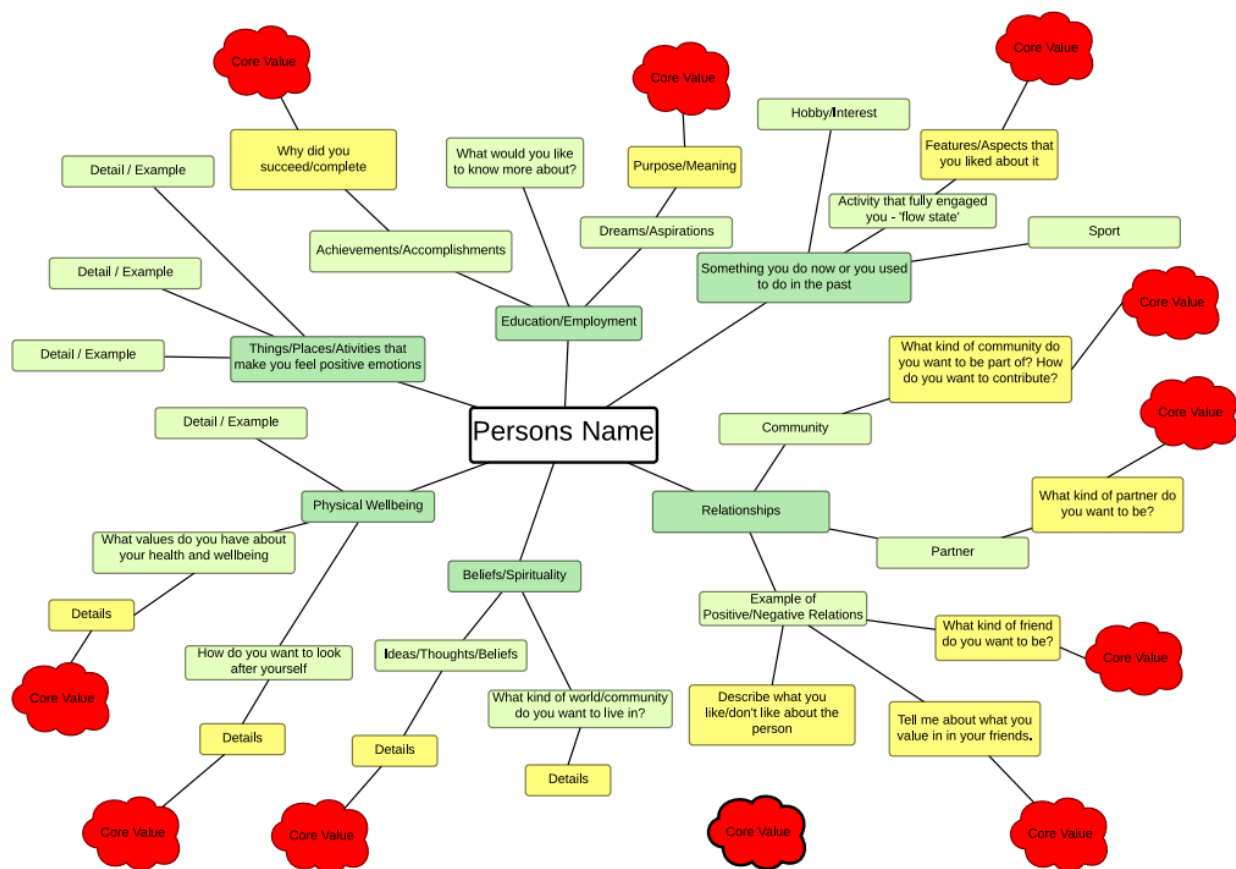
Break it down into one scaling question.



Life Domain – Goal Mapping




Values Mind Mapping



Card Sort Activities


- Life Domain Cards
- Strengths Cards / Values Cards
- Culture & Connection Cards


Card Sort Activity



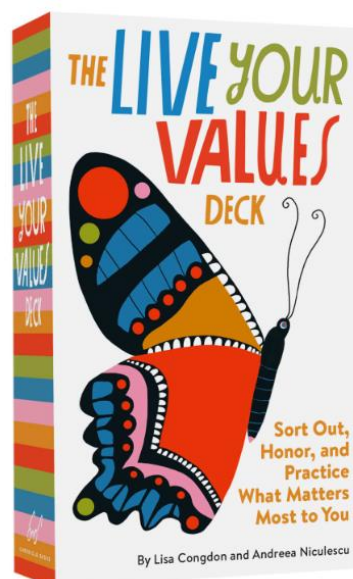
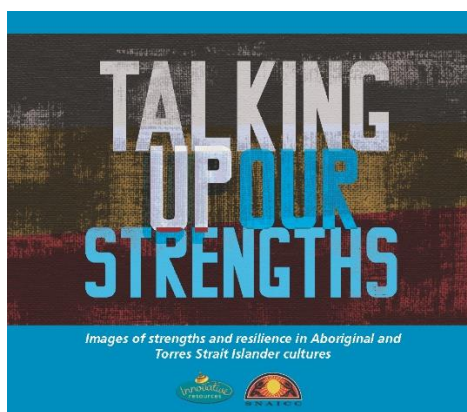
Completed with young person and carers.

Non threatening way to support setting up Staying On Agreement





Can be used to explore a variety of topics





Vision Board



Strengths Surveys

VIA Strengths Survey



Myers Briggs- [Free personality test, type descriptions, relationship and career advice | 16Personalities](#)

Home Stretch WA Flyers

The Home Stretch Flyers can be used as a tool to prompt young people to think about the different areas in their life and identify goals they'd like to achieve in those areas, e.g. Life Skills – Wanting to get their Driver's License, etc.

Your Transition Coach can help with a range of different things, but importantly you decide what help you need and when you need it.



Money  <ul style="list-style-type: none"> • Write a budget • Pay off debts • Access health insurance • Learn how to save and manage money/expenses • Pay for bills e.g. mobile phone, car insurance • Assist with reporting to Centrelink • Help to pay for education and training 	Life Skills  <ul style="list-style-type: none"> • Transport to appointments • Develop independent living skills e.g. cooking, cleaning, laundry, food shopping • Register to vote • How to arrange transport for getting around • Access driving lessons • Goal setting • Parenting support • Crisis/emergency support and advice
Connections  <ul style="list-style-type: none"> • Support to meet with services • Support to connect with the local community (including sports) • Support to connect with family • Assistance dealing with conflict • Assistance accessing info from the Department • Learn to manage boundaries in a house • Learn how to build healthy relationships • Eco mapping 	Rights & Responsibilities  <ul style="list-style-type: none"> • Know your rights and responsibilities • Support with paying for fines • Get your passport and other ID documents • Support to access your Departmental files through Freedom of Information • Provide advocacy and support with your leaving care plan • Assistance managing your curfew, and reporting to corrections
Education, Training & Employment  <ul style="list-style-type: none"> • Access traineeships • Career planning • Access work experience and volunteering • Write a resume and prepare for interviews • Job search and connect to job network providers • Access short courses - first aid, RSA, barista etc. • Link you with tutors • Assistance reporting to Centrelink • Help to pay for education and training 	A Place to Live  <ul style="list-style-type: none"> • Know your rights in the real estate market • Negotiate with real estate agents • Support access to safe and stable housing • Rent inspection support • How to take care of your living space and manage housemates
Health  <ul style="list-style-type: none"> • Help finding a GP • Harm minimisation • Learn how to manage your medication • Connect with a psychologist or counsellor • Learn how to take care of your physical, sexual, mental, emotional and psychological health • Support accessing services such as dentist, physiotherapist and gym • Help to manage your drug and alcohol use 	About You, Your Mob, Your Family  <ul style="list-style-type: none"> • Support to reconnect with family • Support with your sexuality/gender • Focus on your hopes, dreams and aspirations • Explore your culture and religion • Parenting support • Crisis/emergency support and advice

What Tools or Forms?

- [Card Sort Activity - Life Domains](#)
- [Staying On Agreement Card Sort Tool](#)
- [Vision Board](#) – Piece of poster paper, texters, magazines (for clippings), glue, scissors, stickers (stars, dots – to highlight different areas that are priorities) etc.
- [Strengths Cards](#)
- [VIA Strengths Survey](#)
- [Life Wheel](#) – This can be drawn in a A3 art file, printed out on piece of A4 paper, or any other creative way.
- [Online Coaching Resources- Life Wheel](#) – guide to completing life wheels and coaching resources
- [Talking Up Our Strengths | SNAICC - National Voice for our Children](#)
- [Resources – Innovative Resources](#)
- Home Stretch Flyer
- Home Stretch Life Domains